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"For six years our little girl suffered from a bronchial trouble, she had no appetite, could not sleep and was so nervous we had to keep her out of school. The doctors said nothing but a change of climate would help her. We were discouraged, when one day a friend asked us to try Vinol, and after taking six bottles she does not look like the same child. She has a fine appetite, is lively, healthy and well, and Vinol did it all." Mrs. F. E. Hurford, Iowa, Kas.

Another child made strong:—"The measles left my little girl thin and delicate, and the doctor's medicine did not seem to build her up. I read about Vinol and got a bottle, and her improvement was rapid, her strength returned and she is now as well as ever." Mrs. E. Linot, Pittsburg, Pa.

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Woman's Viewpoint

COLORED BODICES AND WHITE SKIRTS.

BY ANNE RITTENHOUSE.

Special Correspondence of The Star.

NEW YORK, January 1.—Every once in a while the designers try to make a costume in which two colors are opposed to each other, such as a black velvet bodice with a white cloth skirt or a blue velvet bodice with a white skirt.

For some reason, the women who must wear the costume do not regard it favorably. They do not seem to mind the introduction of a sharp color against a uniform color from chin to heel, but they look with suspicion upon the coat and skirt or bodice and skirt which were no relation to each other.

In the name of economy the fashion is good, and the name of beauty is also good when it is done by a master hand. Perhaps it is that the women really like the color and the fact which they may not be fitted. Would that they were always so careful in experimenting in colors and lines!

No one is quite sure what will be done with a new fashion, whether it will be accepted or refused. It is here and it is well established, and that makes us give it serious consideration. No one designer seems to be responsible for it, because the idea in the main has passed through many hands and has been given many forms. The designers themselves have always liked the idea; it suggested to them a way of obtaining brilliancy and they have never quite understood why the majority of women refused it.

Fashion Turns to Blue and White.

There are several new costumes shown for what is called southern exposure, but what is really a mid-season exhibition of clothes, that are made up in blue and white and violet and white. The sketch today shows a jacket of blue velvet trimmed with astrakhan, which is dropped over a white skirt also edged with astrakhan.

There is a wide broad belt which shows beneath the opening of the coat. The sleeves to this jacket do not cover the entire arm, as the majority of fashionists like, but are cut to show out on a wide, bell shape that flares below the elbow. This jacket is considered a part of the skirt and constitutes a frock rather than a suit. It is worn under a large, loose topcoat of fur, as many of the new costumes are.

There have been few seasons when so many loose coats were in fashion, and their popularity has made serious inroads into the wearing of frocks beneath, and this seems to be quite essential in a season when women want to do many things in one day without going home to change their clothes.

As it becomes more and more the practice to live out of town during the major part of the year the dressmakers

LITTLE JOURNEYS INTO FASHION LAND

It is so very simple and yet so attractive and stylish, this little school dress for your young daughter, and the pattern is equally becoming to a child of six and one of twelve years of age. The dress illustrated is made of wool plaid, with red predominating in the mixture of colors in the plaid. Red-covered buttons and red cuffs carry out a pretty scheme of trimming, and the collar would be well if also made of red, since a white vest, with its little collar, is worn.

This frock comes in a three-piece



ATTRACTIVE SCHOOL DRESS.

skirt, so that it can be readily set to the figure of a growing child, and the plaid is of the simplest possible style.

Any sort of wool material or velvet or plaid or even percale will make up well in this pattern. A child of eight years will need three yards of contrasting goods of the same width.

Swift & Company's Sales of Beef in Washington, D. C., for the week ending Saturday, January 1, averaged as follows: Domestic beef, 9.78 cents per lb.—Advertisement.

THE DAILY MENU.

BREAKFAST.
Baked Bananas. Boiled Rice with Cream.
Fried Southern Eggplant. Coffee.
LUNCHEON.
Fried Potatoes. Breaded Smelts. Muffins.
Tea.
DINNER.
Boiled Cod. Creamed Potatoes. Parsley.
Mashed Potatoes. Peas.
Celery Salad. Water.
Fruit Gelatin. Coffee. Cookies.

The Nervous Baby.

When a mother observes, anxiously, that her baby is a "bundle of nerves" she is nearer the truth than she sometimes realizes.

A baby's nerves are much more delicate and sensitive, in proportion to his size, than those of a grown person, and the foundation of an adult life of acute suffering is often thoughtlessly laid out for him while he is as yet too young and helpless to protect himself. Needless slamming of doors, belabored talk or laughter, and, in fact, sudden or unexpected demonstrations of any sort, are all disturbing to the baby's nervous system, and all produce ill effects that are more or less lasting.

Quite as much harm is done, however, by injudicious efforts to amuse the helpless little mortal. Bouncing him aloft and swinging him in the arms are as bad for his nerves as for his stomach—and especially at bedtime, when excitement of any sort is bound to result either in wakefulness or uneasy slumber.

He should travel as little as possible in street cars and trains, and not at all in motor cars; for rapid motion is a menace, not to his eyes only, but to his lungs and his brain.

It seems hardly believable that in this enlightened age any grown person could be idiotic enough to make hideous noises for a little child's "amusement," or to simulate bears and "bodies" and other monsters, or to resort to any one of the numberless stupid and cruel devices with which nearly all childhood is, unhappily, familiar; yet there can be no question whatever as to its being the actual truth. Nor is the offender always an ignorant nursemaid, either.

Many little children are rendered nervous and irritable nowadays by too great a number and diversity of toys. The fewer things a baby has to play with the better, and there should be nothing that is not of the simplest construction.

Mechanical toys are well enough for children of the school age, but not for the babies, whose tender brains are easily tired.

There is no more serious mistake than that of stimulating a baby to "take notice." Nature has her own wise methods of attending to all such matters, and to hurry her along is simply to open the way for inevitable disaster.

To Clean Wall Paper.

Often a wall paper merely needs cleaning instead of replacing. The simplest method, if the paper is not very much soiled, is to put some bran on the flat surface of a soft sponge and rub the walls down, never using the same bran twice. A better known way is to take dough, fresh made from white flour, to which has been added a few drops of ammonia water, and go carefully over the paper. As the dirt accumulates on the outside of the dough work it on to the inside, and as the ammonia evaporates add a few drops from time to time.

A more elaborate cleansing dough is made by mixing one pound each of white and rye flour into a dough, partly cook it, remove the crust, then to this add one ounce of common salt and one-half ounce of powdered naphthalene, and finally one ounce of cornmeal and one-eighth ounce of burnt umber. Form the composition into a mass of convenient size to be grasped in the hand, and when using it draw it in one direction over the surface to be cleaned.

Reminiscent of panniers and powder and puffs is this evening frock, but still possessing the necessary modern touch to make it charming. The material is rose tulle over rose charmeuse and it is light as a thistle-down, as it is draped and puffed and folded across the skirt front to create the pannier effect. The little short bodice fits snugly with a sign of fullness in the under-waist, and the tulle, though gathered, is drawn tight at front and back and across the shoulders, while a length is bound about the corset line and tied in a huge fly-away bow at the right, where nestles a purple orchid. A band of pearl passementerie marks the very short waist line.

The Useful Lemon.

One of the most valuable assets of the modern toilet table is the much abused lemon. It is perhaps as effective a bleach as can be found. Cut the lemon in half and rub the pure juice directly upon the throat after bathing in warm water. Let the lemon juice dry on. If this treatment is too vigorous, then the following lotion may be found effective. Take two heaping teaspoonfuls of oatmeal, add to it one quart of cold water, let come to a boil and boil ten minutes. Cool and strain through a piece of cheesecloth, and to the liquid add the juice of two lemons and a tablespoonful of alcohol. Apply this with a cloth, not wiping it away.

Apple Pudding.

One pint flour, one teaspoon cream of tartar, one-half teaspoon soda, two tablespoonfuls sugar, one egg, two table-spoons butter, milk enough to roll, about one-half cup. Roll and spread with chopped apple.

A Gown of Yesterday and Today.



LITTLE STORIES for BEDTIME

BY THORNTON W. BURGESS.

(Copyright, 1916, by J. G. Lloyd.)

Some New Year Resolves.

One teeny, weeny good resolve That's made and kept white'er than
Is better than a thousand made
And then, alas! not kept at all.

"Happy New Year!" cried Tommy Tit, the Chickadee, peering down into the dear old Briar Patch. It was New Year day that Tommy Tit met Peter Rabbit in the old Briar Patch. "Bless my heart, it is New Year day!" exclaimed Peter. "I had forgotten all about it. A happy New Year to you, Tommy Tit, and a great many of them. What good resolutions have you made for this year?"

Tommy's sharp little black eyes twinkled. "I've made just one," he replied. "I've found in the past that if I make a whole lot I forget half of them and



"OH, PETER, DO YOU REALLY MEAN IT?" CRIED LITTLE MRS. PETER.

break the rest. So this year I've made just one resolve. I'm not going to forget any more of my resolutions."

"What is it? Do tell us, Tommy," begged Peter, full of curiosity, as usual. "To mind just my own affairs," replied Tommy.

Peter looked at Tommy sharply to see if Tommy was dropping a hint for him, but Tommy looked so small and innocent that Peter concluded he was just speaking for himself alone. "What resolve are you going to make, Peter?" asked Tommy.

Peter scratched his head thoughtfully. "I hadn't thought about it," he con-

Oysterettes

are made to improve stews, soups and salads, but try these appetizing little crackers alone if you would know how good an oyster cracker can be. You'll like them either way.



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his heels joyfully. Right then Peter caught sight of little Mrs. Peter's face. There was a tear in the corner of each eye. "I guess I won't go, after all, Sammy," said he. "Seeing it is New Year day, I think I will spend it at home. You wish everybody a Happy New Year for me, will you, Sammy?" Sammy promised he would, and Peter tried to feel as happy as little Mrs. Peter looked.

Clam Broth.

A delicious clam broth may be easily prepared by the following methods: Scrub and rinse a whole clam until the shells are bright and clean. Place on the floor of the cook-pot, hinge side up and close together. Cover about half the height of the clams with cold water and bring to the boil, when the clams will open and discharge their juices. Strain and serve. A little pepper and butter will improve the flavor.

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PEAS	CAN	DOZ.	CASE
Iona, No. 2, Standard.....	7c	80c	\$1.60
Reliable, No. 2, Fancy, Sweet...	10c	\$1.15	\$2.20
Sultana, No. 2, Sifted.....	12c	\$1.40	\$2.75
A & P, No. 2, Extra Sifted....	15c	\$1.75	\$3.40

CORN	CAN	DOZ.	CASE
Iona, No. 2, Standard.....	2 for 15c	85c	\$1.70
Sultana, No. 2, Extra Standard	3 for 25c	95c	\$1.90
A & P, No. 2, Fancy Maine....	10c	\$1.20	\$2.40

TOMATOES	CAN	DOZ.	CASE
Strained, No. 1, Puree.....	2 for 9c	50c	\$1.00
Iona, No. 2, Standard.....	8c	95c	\$1.90
A & P, No. 2, Fancy.....	9c	\$1.05	\$2.00
Iona, No. 3, Standard.....	10c	\$1.20	\$2.40
Sultana, No. 3, Jerseys.....	11c	\$1.30	\$2.60
A & P, No. 3, Fancy.....	13c	\$1.55	\$3.00

BEANS	CAN	DOZ.	CASE
Iona String, No. 2, Standard..	5c	60c	\$1.15
Iona Lima, No. 2, White....	3 for 25c	95c	\$1.90
Sultana String, No. 2, Cut	3 for 25c	95c	\$1.90
Refugee.....	2 for 25c	95c	\$1.90
Sultana Wax, No. 2, Cut....	10c	\$1.15	\$2.25
Sultana Lima, No. 2, Medium	13c	\$1.55	\$3.10
Green.....	13c	\$1.55	\$3.10
A & P Lima, No. 2, Small	13c	\$1.55	\$3.10
Green.....	13c	\$1.55	\$3.10
A & P Stringless, No. 2, Fancy Whole.....	13c	\$1.55	\$3.00

SUCCOTASH	CAN	DOZ.	CASE
Iona, No. 2, Standard.....	3 for 25c	95c	\$1.90
A & P, No. 2, Fancy.....	13c	\$1.55	\$3.00

IONA SPINACH Standard	3	Doz.	CASE
IONA BEETS, No. 3, Cut.	25c	95c	\$1.90
IONA SAUERKRAUT, No. 3 Standard	25c	95c	\$1.90
A&P PUMPKIN No. 3 Standard	25c	95c	\$1.90
A&P SQUASH No. 3 Standard	25c	95c	\$1.90

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